

# Taunton Heritage Trust

OCTOBER 2021

NEWSLETTER NO 25

Dear Residents,

Welcome to our latest Newsletter which we hope you will enjoy. A special thanks to Laura in the office for expertly pulling together all this information for the benefit of Residents and delivering it in a welcoming and cheery format – all this on top of her other responsibilities! We hope you are enjoying the fact that our Community Rooms have reopened and been able to take advantage of events being held in them and a reminder that every Resident is welcome to attend events on any site. We hope that with the successful roll out of the Government's vaccination programme, we are now all in a good place to face the winter of 2021 in good health and without further lockdowns. As ever, please don't hesitate to get in touch with myself or any of my colleagues if you have a matter of concern regarding the Trust's housing provision.

Karen White – Chief Officer

## Christmas party



We are pleased to announce that after having to cancel the Christmas Party due to covid last year we are now able to book a party for our Residents this year! This is such amazing news and we hope that many of our Residents can come.

The Christmas party will be on Thursday 9th December from 12.30pm at Somerset County Cricket Ground.

There will be a new surprise entertainer at the party this year along with the usual raffle and dancing.

A letter will be sent out in the next few weeks with all the details on. Please make sure you RSVP as soon as you can and detail any dietary needs you may have. Taxis will be put on by the Trust, be sure to let your Warden know if you need one.

## 90th birthday celebrations

Happy 90th Birthday to our Resident

Herta who has lived on one of our sites for nearly 20 years.



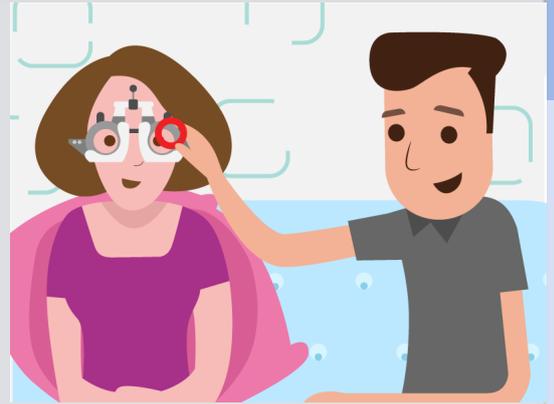
To celebrate her birthday she had a party in the community room with her neighbours and friends. She said how much she had enjoyed herself.

Herta received so many birthday cards she is running out of space to put them all up!



## Eye tests at home

The typical home eye test begins with your optician visiting your home on a pre-arranged day, and they will usually call an hour before to check it's still convenient. They'll then ask about your eyecare history and any problems you may be having, before carrying out an eye test with specialised equipment for use in the home.



You'll be eligible for a free home eye test if you qualify for a free NHS-funded eye test and are unable to leave home unaccompanied due to a physical or mental illness or disability.

The Optician's will give you the name of your optometrist before your visit so that you know who to expect at your front door. Sometimes they might also be joined by an optical assistant. Once they arrive, they'll decide on the best area in your home for the test to take place. They may need to move around a bit of furniture to prepare the space, but in most cases, this isn't necessary. If you have mobility issues or are bedbound, then the test can be done wherever you are most comfortable. We have specialist equipment that means we can adapt to your environment.

Once you're ready, the optometrist will begin by asking you (or a family member if patients are unable to give this information) about your eye health history and any symptoms or changes you may have experienced since your last test. They'll then set up the equipment for your test, including an electronic test chart that allows us to test your eyes in any size space.

Your optometrist will then carry out several tests to assess your vision, as well as checking the overall health of your eyes by testing for specific eye conditions.

Using a handheld tonometer, your optometrist will check the pressure in your eyes (intraocular pressure) to assess whether you might be at risk of developing glaucoma. Here, they may also conduct a visual field test to test your peripheral (wide) vision, to check for other signs of glaucoma.

Your optometrist will also conduct an examination to take a closer look inside your eyes, which may require the use of eye drops to dilate your pupil so they can view the inside of your eye more easily. This is especially useful to monitor conditions such as diabetic retinopathy, alongside a number of other eye problems.

Once your eye test is complete, the optometrist will tell you whether you need to begin wearing glasses or update your current glasses prescription. They can talk you through our range of frames and lens options and help you decide on your perfect pair of glasses, and how to benefit from any offers that may be available to you.

**Call up Specsavers to make an appointment 0800 198 1132.**

Or visit the website for more information:

**[www.specsavers.co.uk/home-eye-tests](http://www.specsavers.co.uk/home-eye-tests)**



# Card night



The Residents of Leycroft Close enjoyed a card night with a ploughman's style buffet arranged by their Warden Ali.

There was a good turn out with 19 Residents attending the evening and they raised over £60.00 for charity.



# Happy retirement to Jeff!



Jeff Payne recently retired from his role as the Properties Manager for Taunton Heritage Trust after a busy 5 years. He was an extremely popular member of the team who will be very much missed by all the Staff, Trustees, Residents and contractors.

Jeff was given a hamper filled with treats from the staff and a voucher from our Trustees. He also received a hand crocheted seagull made by Claire in the office.

We wish him a relaxing retirement filled with plenty of fishing trips and golf.

It isn't a complete farewell as Jeff will be staying on in a new role as an agent for the Trust to see the Corfield Hall project through to completion.

# Welcome Nick - Properties Manager



Many of our Residents may have met Nick Beresford who is our new Properties Manager. He started with the Trust in August and is getting stuck in to the role and is already a popular member of the team with Residents, Staff & Trustees.

A little bit about Nick - He retired from the RIFLES Regiment in 2019 and joined the Devon and Cornwall Police service which he left in July 2021 in order to join the Trust. He lives in Cullompton with his wife and daughter and in his spare time he rebuilds older sports cars as well as make time for surfing and kayaking.

We wish Nick well in his new role with us.

## Chicken and mushroom lasagne bake



Serves 4

### Ingredients:

- 2 x 400g cans chunky chicken in white sauce
- 2 x 290g cans sliced mushrooms, drained
- 500ml milk
- 30g butter
- 30g plain/all purpose flour
- A pinch of freshly grated nutmeg
- 1 tbsp olive oil
- 9 sheets dried lasagne pasta
- 120g cups grated Cheddar cheese
- Salt and freshly ground black pepper

### Method:

1. Preheat the oven to 160 fan/180/gas 4.
2. In a large bowl mix together the cans of chicken in white sauce and the drained mushrooms. Swirl around the chicken cans using 100ml of the milk, to get the last dregs of the sauce, and pour into the bowl. Mix everything together and season generously with salt and freshly ground black pepper and set aside.
3. To make the white sauce, put the butter and flour into a small pan over a low heat. Stir as the butter melts, to form a roux and cook for a minute. Remove from the heat and whisk in the remaining milk, a little at a time. Grate a little nutmeg into the pan, season with salt and pepper and return to the heat, whisking all the while. When it starts to bubble, remove from the heat and stir in half the cheese, then set aside.
4. Drizzle the olive oil over the base of a 30x20cm/12x18inch baking dish. Lay three lasagne sheets down, pour over half the chicken and mushroom mixture, then do another layer of lasagne and a layer of chicken. Place a third layer of lasagne sheets over the chicken mixture and top with the white sauce. Scatter over the remaining cheese and bake in the preheated oven for 45 minutes. Leave to rest for 10 minutes, before serving with a green salad, if you wish.

[www.itv.com/thismorning/articles/theo-michaels-tinned-food-masterclass](http://www.itv.com/thismorning/articles/theo-michaels-tinned-food-masterclass)

### DEANE HELPLINE

**01823 257185**

**We currently have vacant flats. If you know of someone who may be interested please ask them to contact the office.**



## Birthday celebrations

**Happy 1st birthday to the famous Leycroft Close Flowerpot men Fred & Doris, who celebrated their 1st birthday. Our Residents Benny & Elsie were also celebrating their birthdays with a glass of sherry or two in the sunshine!**

